

Know Before You Go

To enjoy and protect the Table Rocks Area of Critical Environmental Concern, please remember:

- Spring is the high-use season and parking may be limited.
- Bring plenty of drinking water with you. Water is not available at the trailhead or along the trail.
- Restroom facilities are only available at the trailhead.
- Camping and fires are not permitted.
- Please stay on the main trail to help prevent erosion and disturbance to sensitive vegetation.
- The vernal pools are especially sensitive areas. Please stay out of the pools and off the soft ground near the pools.
- Do not pick the wildflowers.
- To prevent disturbance to ground nesting birds and other wildlife, dogs are not allowed in the Table Rocks Area of Critical Environmental Concern. Trails are for hiking only; the use of horses, bicycles, and other vehicles is prohibited. Aircraft are prohibited from landing on top of either Table Rocks.
- Abundant poison oak is found along the trail. Ticks and rattlesnakes may also be encountered. High cliffs make it dangerous to venture close to the edges.
- There are no fees to use the trails and trails are open year-round.
- Keep in mind, portions of Upper and Lower Table Rocks are privately owned so please respect private property.

Geology

Upper and Lower Table Rocks are two of the most prominent topographic features in the Rogue Valley. Both features rise 800 feet immediately above the north bank of the Rogue River in southwestern Oregon. The Table Rocks are named for their relationship along the Rogue River; with the Upper Table Rock being located upstream of Lower Table Rock. The Table Rocks have unique geologic origins. About 7.5 million years ago, a shield volcano erupted near Lost Creek Lake and spread lava over the entire valley. This mass of lava caused the valley floor to rise in elevation to the height of the Table Rocks. Over millions of years, the ancient Rogue River meandered through the valley, eroding and carving away approximately 90 percent of the lava rock. Today, all that remains are a few solitary large rock masses, or monoliths, and two horseshoe-shaped mesas known as the Table Rocks.

Special Features

On the summits of Upper and Lower Table Rocks, you can experience the unique and delicate mounded prairie habitat. The impermeable volcanic rock atop of both seasonally collects rainwater in depressions and creates what are known as vernal pools. The Table Rock vernal pools are a rare habitat that supports a Federally-listed threatened species of fairy

shrimp and a state-threatened plant called the dwarf wooly meadowfoam. This plant is native to the Table Rocks and is found nowhere else in the world!

Cultural

The Table Rocks, historically and presently, play an important role in southwestern Oregon. As prominent landmarks in the region, the Native Americans, especially the Takelma people, place significant cultural value on these landmarks. The Takelma Indians (pronounced 'Dagelma') lived along the middle and upper Rogue River. They enjoyed the rich abundance of food resources available on and near the Table Rocks. The rocks were also an important gathering place for settlers along the Oregon-California Trail.

Hiking the Table Rocks

The Table Rocks have provided outstanding opportunities for environmental education for many years. Hiking trails allow the public access to the tops of both Table Rocks. The Bureau of Land Management and The Nature Conservancy offer guided hikes each spring during the prime wildflower blooming times. While exploring the Table Rocks, hikers experience incredible biological diversity with four unique plant habitats and up to 75 species of wildflowers, including Southern Oregon Buttercup, Red Bell, Shooting Star, and Camas. Wildlife viewing opportunities include Blue-gray Gnatcatcher, Acorn Woodpecker, Turkey Vulture, Violet-green Swallow, Ringtail Cat, Dusky-footed Woodrat, Western Fence Lizard, and Western Rattlesnake.

Directions to the Site

The Lower Table Rock trail is 3.5 miles, round-trip. To get to Lower Table Rock Trailhead, drive north from Medford, Oregon, on Table Rock Road to Wheeler Road. Turn left on Wheeler Road. Trailhead is 0.5 miles ahead on the left.

The Upper Table Rock trail is 2.5 miles, round-trip. To get to Upper Table Rock Trailhead, drive north from Medford, Oregon, on Table Rock Road. Turn right on Modoc Road and continue for 1 mile. The trailhead is on the left side of the road.

District Contact Information

Medford District

Bureau of Land Management
3040 Biddle Road
Medford, OR 97504

(541) 618-2200

www.or.blm.gov/medford

BLM/OR/WA/GI-05/047+1122.32

Table Rocks

Area of Critical Environmental Concern



Medford District



Public Lands USA:
Use • Share • Appreciate

Welcome to Table Rocks Area of Critical Environmental Concern

Welcome to the Table Rocks Area of Critical Environmental Concern where scenic panoramas of the Rogue Valley and vistas of the volcanic Cascades and the geologically complex Siskiyou Mountain ranges await you. This 3,172-acre area is cooperatively managed by the Bureau of Land Management and The Nature Conservancy to provide educational opportunities and protect special biologic, geologic, and scenic values. You are invited to walk the trails, taking care to respect the land and its living creatures.

